

Preparation for Adulthood Long Term Scheme of Work

Phase 6 Core and Extended KS4/5 	23/24
Autumn 1	<p>Introduction to Preparation for Adulthood / One Off Taster Sessions</p> <ul style="list-style-type: none"> • Independent Travel • Confidence and Self-Esteem • Mental Health and Wellbeing & Coping Strategies • Sexual Health & Healthy Relationships • Online Awareness • Physical Health • Money Management • Social Skills
Autumn 2	<p>Independent Living</p> <ul style="list-style-type: none"> • How to assess and manage risk and personal safety in new independent situations, including online • How to manage personal safety in relation to travel, including cycle safety, young driver safety, passengersafety, using licensed taxis and getting home safely • Safety, rights and responsibilities when travelling in the UK and abroad, including passport andinsurance requirements
Spring 1	<p>Health</p> <ul style="list-style-type: none"> • How to seek and assertively give, not give or withdraw consent, in all contexts • Legal and moral responsibilities in relation to seeking consent and how to recognise factors that might affect capacity to consent • The emotional, physical, social and legal consequences of failing to respect others' right not to give or withdraw consent • How to identify the signs of abuse, exploitation and assault or rape • Where and how to access support and report concerns, including online • To evaluate attitudes towards sexual assault and their impact; how to challenge victim-blaming, including when abuse occurs online • How to recognise manipulation and coercion and manage negative influence and persuasion • Exit strategies for unhealthy relationships • Rights in relation to harassment, including online, stalking and violence, how to respond and where to seek help • Exit strategies for pressurised and dangerous situations
Spring 2	<p>Employment</p> <ul style="list-style-type: none"> • How to assess strengths, interests, values, and skills to set realistic, aspirational goals • How to evaluate the options available in education, training and employment post-18, including highereducation, further training or apprenticeships, and gap year opportunities • How to evidence strengths and skills and use this when applying and interviewing for future roles andopportunities • How to evaluate the changing patterns and trends in the labour market, locally, nationally and internationally, and benefit from potential opportunities • How to evaluate the financial advantages, disadvantages and risks relating to post-18 options • How to evaluate the potential gains and risks of different credit/debt arrangements and repaymentimplications, including student loans

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	Community Inclusion
Summer 1	<ul style="list-style-type: none">• Develop an interest in, and commitment to, participation in volunteering as well as other forms of responsible activity, that they will take with them into adulthood• Understand how the roles played by public institutions, public services, interest and pressure groups, charities and voluntary groups provide a voice and support for different groups in society• The different ways in which a citizen can contribute to the improvement of his or her community, to include the opportunity to participate actively in community volunteering, as well as other forms of responsible activity• Participate in a voluntary role
	Health
Summer 2	<ul style="list-style-type: none">• How to manage work-life balance, including study, leisure, exercise, sleep and time online• Strategies to promote mental health and emotional wellbeing and address difficulties• Stress management strategies• About the signs of emotional or mental ill-health• How, when and why to access appropriate support and treatment• About the effects on body image and self-esteem, of idealised images of bodies and pressure to conform• Strategies to manage influences on body image• How to manage influences and risks relating to cosmetic and aesthetic body alterations

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Autumn 2	Independent Living <ul style="list-style-type: none"> • How to effectively plan expenditure and budget for changes in circumstances (e.g. when moving out or going to college) • About salary deductions, including taxation, national insurance, student loan repayments and pensions, and how to manage these • How to evaluate savings options • Consumer rights, how to resolve disputes and access support • How to manage financial contracts, including mobile phone services and renting items and accommodation, and identify appropriate advice • How to evaluate the potential gains and risks of different debt arrangements and repayment implications • The risks involved in different financial ventures, including illegal schemes (e.g. illegal money transfers) • How to critically assess different media sources • How to critically evaluate online content and recognise propaganda, manipulation, biased or misleading information
Spring 1	Health <ul style="list-style-type: none"> • How to select appropriate contraception in different contexts and relationships • How to reduce the risk of contracting or passing on an STI • Accessing local and national advice, diagnosis and treatment in relation to sexual health • How to assertively communicate relationship expectations • How to recognise manipulation and coercion, how to seek and assertively give, not give, or withdraw consent • How to effectively evaluate and use the most appropriate methods of contraception in different circumstances (including emergency contraception) and communicate about use with a sexual partner • Sexual health services, locally, nationally and online, and how to access and use them • To recognise how fertility changes over time and evaluate the implications of this

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	Employment
Spring 2	<ul style="list-style-type: none"> • How to evaluate strengths, skills and interests in relation to future roles and opportunities • How to be enterprising in life and work • How to write an effective CV and prepare for interviews for part-time work • About career opportunities in a global economy • About rights and responsibilities in different types of employment, including full-time, part-time, and jobs in the 'gig economy' • How to demonstrate professional conduct, including following health and safety protocols • About workplace confidentiality and security, including cyber-security and data protection • When, why and how to seek or provide support in response to bullying and harassment in the workplace • Strategies for overcoming challenges or adversity in the workplace <p>The role of trade unions and professional organisations</p>
	Community Inclusion
Summer 1	<ul style="list-style-type: none"> • How a young person can think about living in their wider community and how they will have a social life • Think about interests and hobbies, including joining clubs or organisations and where it would be possible to meet and find friends • Participate in a range of activities to develop an understanding of personal interests
	Health
Summer 2	<ul style="list-style-type: none"> • Skills to improve adaptability and resilience during periods of change and strategies to manage change • The importance of monitoring personal health and wellbeing • How to make informed, independent health choices and manage media messages about health (including about vaccination/immunisation) • How to maintain a healthier diet • Registering with and accessing doctors, opticians and other health services • Screening and how to perform (e.g. breast and testicular) self-examination • Illnesses that particularly affect young adults, such as meningitis and 'freshers' flu'

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Autumn 2	Independent Living <ul style="list-style-type: none"> • Making decisions around where I can live post-18 • Understanding who I may live with in the future • Understanding what benefits might be available • How to manage a living space e.g. cooking, cleaning, personal hygiene • Ensuring the following are in place before moving out of the family home: bank account, benefits in place, photo identification e.g. passport
Spring 1	Health <ul style="list-style-type: none"> • How to manage mature friendships, including making friends in new places • Strategies to confidently manage transitional life phases, such as leaving school, or leaving home for the first time • Personal safety in new relationships, including online • How to maintain healthy, pleasurable relationships and about different levels of emotional intimacy, the role of pleasure, and the difference between 'love' and 'lust' • Relationship challenges and how to manage the ending of relationships safely and respectfully, including online • How to assertively communicate and negotiate boundaries in relationships • Professional relationships; how to build meaningful relationships in the workplace and establish and respect boundaries • How to manage strong emotions, communicate constructively and negotiate difficulties • Strategies to recognise, de-escalate and exit aggressive social situations • How to evaluate the dangers and consequences of involvement in gangs, serious organised crime or carrying a weapon

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	Employment
Spring 2	<ul style="list-style-type: none"> • How to evaluate strengths, skills and interests in relation to future opportunities and career development • The implications of the global market for future choices in education and employment • How to identify appropriate 'next steps' post-18, such as higher education, further training or apprenticeships, and gap year opportunities • The application processes, including how to write a concise and compelling personal statement, effectively refine and tailor a CV and prepare for interviews • How to build and maintain a positive professional identity and online presence • That creating and sharing content online can contribute to, or challenge, a positive online presence • How to effectively challenge online content that adversely affects personal or professional reputation • How social media can expand, limit or distort perspectives • How to set and maintain boundaries around personal privacy • How to manage online safety in all its forms, including seeking help when appropriate
	Community Inclusion
Summer 1	<ul style="list-style-type: none"> • How to communicate personal values in different types of relationships • Strategies to challenge prejudice and discrimination in relation to inclusion and any of the protected characteristics of the Equality Act (2010) • Rights, roles and responsibilities in a diverse society and how to respect and advocate for them • To celebrate cultural diversity and promote inclusion • The ways different faith or cultural views can influence relationships, and how to challenge these if appropriate • How to safely challenge prejudice and discrimination, including online • Extremism and radicalisation, how to reduce the risks and when, where and how to seek help
	Health
Summer 2	<ul style="list-style-type: none"> • How to perform first aid • How to evaluate when to summon emergency services and about the importance of giving accurate information, even in cases where there may be legal consequences • To identify and manage the impact of substance use on health, personal safety, decision making and sexual behaviour • The consequences of substance use, and how to manage use of alcohol and other drugs • The risks of being a passenger with an intoxicated driver and how to manage this • The impact of substance use on road safety, work-place safety, reputation and career